



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CYCLING SCHEDULE

Monday

6-6:50 am Pam

6:50-7 am Core

12-12:50 pm Emily

6-6:50 pm Melissa

Tuesday

6:00-6:50 am Alicia

12-1:00 pm Kim

5:30-6:30 pm Lesley

7:30-8:30 pm Emily

Wednesday

6-6:50 am Pam

6:50-7:00 am Core

11:45 -12:15 pm Alicia

Thursday

6:00-6:50 am Beth

8:30-9:00 am Kim (Introduction to Cycling)

12-1:00 pm Kim

5:30-6:30 pm Jason

Friday

12-12:50 pm Emily

Saturday

7:45 -9 am Kim

9:15-10:15 am Bill

Sunday

10:15-11:15 am Rotating

3:00-4:30 pm Rotating (January 8—February 26)

DID YOU KNOW?

- Please do not enter class more than 10 minutes late or while the prior class is in session. This is for your safety and for the safety of all participants
- Be sure to bring water and a towel to all classes!
- Participants must be at least 14 years old to participate in Group Cycling classes.
- Sign-in begins 30 minutes prior to the start of class at the Member Service Desk. Please sign in. If you are new to cycling, please come to class early so the instructor can meet you and assist with bike set-up.
- Please check board outside of cycling studio for any scheduling or informational updates.